

# COVID-19: Children and Families with Special Health Care Needs

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There are things parents can do to keep themselves, their families, and their children with special health care needs safe during the COVID-19 outbreak.

## Prepare your Home

- Keep plenty of hand soap, tissues, wipes, and hand sanitizer on hand for everyone in your home to use.
- Clean frequently touched surfaces such as doorknobs, light switches, and TV remotes.

## Appointments

- Talk to your pediatrician, specialists, therapists, or anyone else who cares for your child about any upcoming appointments.
- Your doctor may suggest other ways to meet, such as by phone or another telehealth option.

## Plan Ahead

- Talk to your pediatrician about getting extra medicines or supplies that your child needs, including any medical technology and nutrition support.
- Create a plan of action if your child, family members, or guardians become ill.

## Community Supports and Services

- Reach out to family support organizations, such as Family Voices of North Dakota.
- Reach out to a trusted case manager, friend, family member, or community-based organization, such as FirstLink, for help.

## Coping and Staying Strong

- Remember to take time for yourself as well and engage in self-care activities.
- Recognize when you may need a break.
- Connect with other families virtually, through video chats, social media or texting.
- Take deep breaths, meditate, and engage in physical activity. Do an activity/hobby you enjoy.

## Local Resources

- **Family Voices of North Dakota**
  - Phone: 888-522-9654
  - Email: fvnd@drtel.net
  - Website: <http://fvnd.org>
- **FirstLink**
  - Phone: 2-1-1 or 701-235-7335 (SEEK)
  - Website: <https://myfirstlink.org>
- **Special Health Services**
  - Phone: 701-328-2436
  - Email: [dohcshsadm@nd.gov](mailto:dohcshsadm@nd.gov)
  - Website: <https://health.nd.gov/Youth/special-health-services>



Sources: American Academy of Pediatrics Council on Children with Disabilities (2020);  
Family Voices of North Dakota (2020); FirstLink (2020).

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/COVID-19-Information-for-Families-of-Children-and-Youth-with-Special-Health-Care-Needs.aspx>